

125+
YEARS OF CHANGING LIVES



Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171

THE HILLCREST OLDER ADULT CENTER
NEWSLETTER FOR THE MONTH OF SEPTEMBER 2026

Hello September



Some people think that beauty
Equals a good look. But a
Pretty face is just the surface.
The real beauty lies inside
Everyone. Kindness and smiles
Melt hearts. And when you
Believe in yourself and know you're
Enough, the light you
Radiate will touch everyone around.

Our mission

Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Cynthia Aaron	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Chair Aerobics w/Allie - Feteness LLC 11:00 Elder Abuse w/Gurpreet 12:00 Lunch 1:00 Art and Craft: Ombre Pinecone Painting w/Ahmed 2:00 Computer: Letter Templates w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	2 9:30 General Membership Meeting 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 National Older Adult Month Celebration w/ DJ Woody	3 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 Movie: “The Boroughs” w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers	4 10:30 Safety Presentation w/Department of Transportation 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Labor Day Celebration w/ DJ Woody
7 CENTER CLOSED IN OBSERVANCE OF THE LABOR DAY HOLIDAY	8 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 Art and Craft: Labor Day Lanterns w/Ahmed 2:00 Computer: Computer Shortcuts w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	9 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 West Indian Day Carnival Celebration w/ DJ Woody	10 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 -3:00 Terpsichorean Dance W/Dancers	11 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Friday Social w/ Valentin
14 10:00 Today in the News 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Wonders of Europe w/Clelia	15 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 Art and Craft: Picture Frames w/Ahmed 2:00 Computer: Folder Management w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	16 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 - 3:00 Hispanic Heritage month Celebration w/ DJ Woody	17 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch Movie: “ The Last Laugh” 1:00 -3:00 Terpsichorean Dance W/Dancers	18 10:00 Leisure Games w/Beth 11:00 Nutrition Presentation w/Angela 12:00 Lunch 1:00-3:00 Friday Social w/DJ Luis
21 10:00 Today in the News 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Incredible places in China w/Clelia	22 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 Art and Craft: Fall Wreaths w/Ahmed 2:00 Computer: Software’s Basics w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	23 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Welcome Fall Party w/ DJ Luis	24 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 Movie: “Julie & Julia” w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers	25 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday Celebration w/DJ Valentin
28 10:00 Leisure Games W/Clelia 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Incredible places in West Indies w/Clelia	29 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 Art and Craft: Clay pot Decoration w/Ahmed 2:00 Computer: Editing pictures in computer w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	30 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Luis		PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU SEPTEMBER 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 Chickpeas Rasta Pasta Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk	2 Brown Stew Chicken Black Beans and Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Pear 1% Low Fat Milk	3 Beef Salisbury Steak Mushroom Gravy Whole wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple 1% Low Fat Milk	4 Apricot Glazed Fish Pasta Whole Wheat Bread Baby Carrots and Parsley Banana 1% Low Fat Milk
7 <i>CENTER CLOSED</i> <i>IN OBSERVANCE OF THE LABOR DAY HOLIDAY</i>	8 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Steamed Carrots Banana 1% Low Fat Milk	9 Chicken with Tomato Sauce Red Beans and Brown Rice Whole Wheat Bread Cauliflower with Carrots and Parsley Orange 1% Low Fat Milk	10 Beef Stew Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple 1% Low Fat Milk	11 Homemade Coconut Breaded Fish Whole Wheat Bread California Blend Vegetables Fruit Cocktail 1% Low Fat Milk
14 Stewed Pork Chops White Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	15 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	16 Caribbean Style BBQ Chicken Baked Macaroni and Cheese Whole Wheat Bread Sautéed Green Bean with Onions Honeydew 1% Low Fat Milk	17 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	18 Baked Marinated Fish White Bean, Kale, and Carrot Medley Whole Wheat Bread Homemade Mashed Potatoes Banana 1 % Low Fat Milk
21 BBQ Pulled Pork Roasted Potatoes Whole Wheat Bread Steamed Green Beans Apple 1% Low Fat Milk	22 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	23 Oven Fried Chicken Black Beans and Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1 % Low Fat Milk	24 Roast Beef Mushroom Gravy Homemade Mashed Potatoes Whole Wheat Bread Garden Salad with Chickpeas Apple 1% Low Fat Milk	25 Fish with Fresh Salsa Relish Home Fries Whole Wheat Bread Normandy Blend Banana 1% Low Fat Milk
28 Pork Spare Ribs Homemade Mashed Potatoes Whole Wheat Bread Steamed Carrots and Green Beans Apple 1 % Low Fat Milk	29 Zesty Chickpea Stew Brown Rice Whole Wheat Bread California Blend Vegetables Banana 1 % Low Fat Milk	30 Chicken Fajitas Steamed Corn on the Cob Whole Wheat Bread Steamed Broccoli Orange 1 % Low Fat Milk		PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE

September Birthdays



Carlos A.
Lilia A.
Carmencita Q.
Marco V.
Julita K.
Salvador R.
Evangeline R.
Sita I.
Victoria V.
Mister Mohammed
Lennard M.

Angela S.
Isabelita L.
Zenaida D.
Carlos V.
Mohammed H.
Ofelia V.
Maureen G.
Leila S.
Mercedes A.
Richard P.
Pramila C.

Join Us on Friday, September 25, 2026, at 1:00
PM - 3:00 PM, For Multicultural Music and
Birthday Celebration



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

LABOR ★ DAY ★



Word Search

N S S H K B W F E V Z Y G X E M U O D S
D V T T L W F T J M H J C X V P Z T V F
C Z O W O S U R B X A B A N U G P M C W
M X P M M E K P E S X Z O D A A M T O Z
I W M K J D B A N E M V P T W T C B E N
L O X L G M S R L B D N P C S H E P C C
R R K K A X V A J Q Z O R I E E L R E S
I K U O J B U D M P I I M V P R E O V W
G E U U X L O E G H Y J Q B T I B U N K
H R A N Q H F R E J F M W U E N R D C K
T S H I U N O Y D E O E F D M G A U T O
S S G O N F V L A A H B Q V B L T N Q T
F U R N V I D O I T Y G R Q E C E I N T
R J L V I V C X Y D I F W A R S V T V H
E R H S M I T L K V A J L J E B C Y I R
S I J A Y R B L I A R Y F S H M J K C V
T Y I I N D U S T R Y Z N Q H T O T T R
V C U G X B O Y P I C N I C K M B C O T
P Y U B A R B E C U E U A U O Y S L R I
L Y R U I P D N E R I Y L R W J D L Y Y

- Labor Day
- Holiday
- Workers
- Union
- Rest
- Parade
- Gathering
- September
- Picnic
- Rights
- Freedom
- Jobs
- Industry
- Proud
- Victory
- Unity
- Barbecue
- Celebrate



What is Labor Day?

THE READER'S DIGEST VERSION

Canada celebrates its first Labor Day a full decade ahead of the United States.

1872

The first Labor Day parade in the U.S. is held in New York City to show support for unions and workers.

Protestors rallying in support of an 8-hour workday clash with Chicago police during the Haymarket Riot.

1882

Oregon recognizes Labor Day as an official holiday. Several states, including CO, MA, NJ and NY, soon follow.

More than 300,000 people protest at a May Day rally in London.

1886

Oregon recognizes Labor Day as an official holiday.

1887

Several states, including CO, MA, NJ and NY, soon follow.

In May, workers at the Pullman Palace Car Company in Chicago go on strike, sparking a nationwide railroad strike.

1890

On June 28, President Grover Cleveland makes Labor Day a legal holiday in the United States.

1894

\$17/hr

D.C.'s minimum wage, the highest in the country. WA is second at \$15.74/hr.¹

Many consider Labor Day the unofficial end of the summer.

166 million

Estimated number of Americans in the civilian workforce.²

16.2 million

Americans in labor unions in 2023.³

\$7.25/hr

Federal minimum wage in 2024. In 1938, it was 25¢.⁴

Tied with Memorial Day for the 2nd most popular holiday for grilling.

7 billion

Hot dogs eaten by Americans yearly between Memorial Day and Labor Day.⁵

Sources: ¹ Statista. ² Statista. ³ U.S. Bureau of Labor Statistics. ⁴ U.S. Department of Labor. ⁵ NHDSC

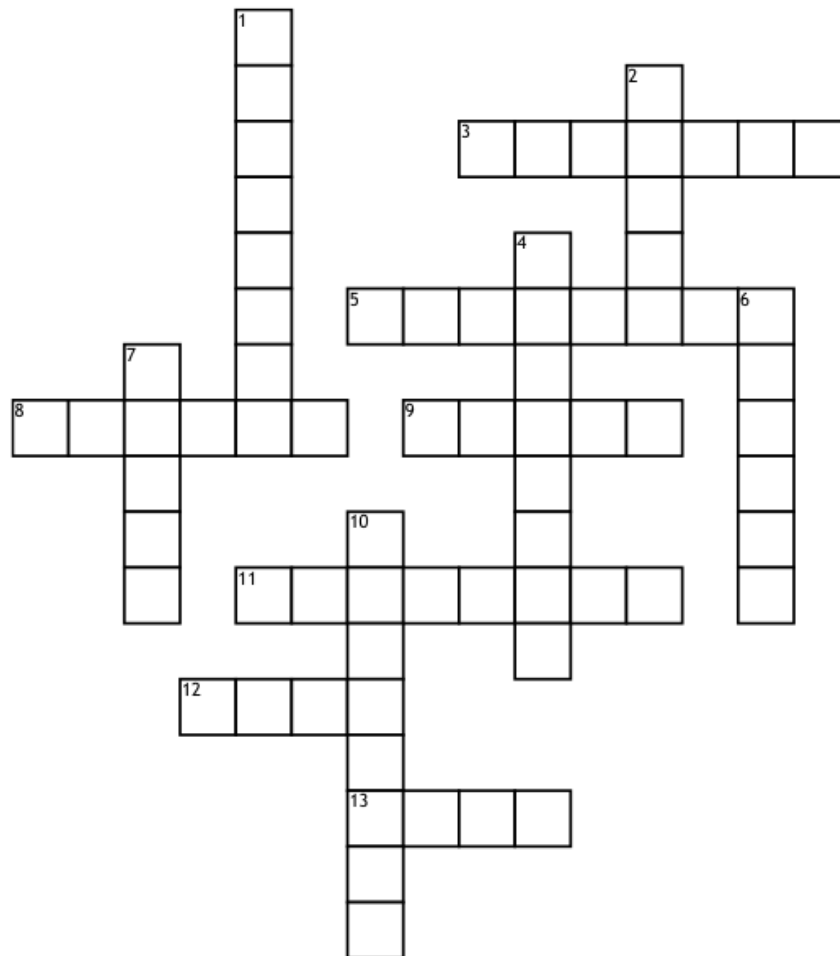


FALL LEAVES MAZE



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

September



Across

3. Vegetable you can carve
5. something people wear during autumn
8. a little cold
9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

Down

1. a small rodent
2. a crisp red fruit

4. the first monday in september

6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

EVENING SOUP CHOICES FOR A HEALTHY BODY

1. LIGHT VEGETABLE SOUP



- Easy Digestion
- Packed with Vitamins
- Calming Warmth

2. CHICKEN BROTH



- Protein Boost
- Electrolytes
- Support Gut Health

3. CREAMY TOMATO SOUP (without heavy cream)



- Antioxidants
- Vitamins C & A
- Refreshing Taste

4. LENTIL SOUP (DAL SOUP)



- High in Fiber
- Plant Protein
- Keep You Full

*Choose these soups for their nutritional benefits
and easy digestion to promote overall health.*

Images are illustrative. Choose recipes according to personal health needs.

An Apple a Day . . .

Apple Pull-Apart Bread

20 Rhode's Rolls

2 apples, peeled and diced

¼ cup granulated sugar

1 tsp cinnamon

¼ cup butter

1 ½ Tbsp milk

1 tsp vanilla extract

1 ½ cups powdered sugar



Apple Crisp

6 apples, peeled and cut

¼ cup granulated sugar

2 tsp ground cinnamon

¾ cup old-fashioned oats

¾ cup flour

½ cup butter

¾ cup brown sugar

1 tsp vanilla extract



Apple Pie Cinnamon Rolls

2 cups milk

½ cup butter

2 Tbsp active dry yeast

¼ cup warm water

¼ cup + ½ tsp sugar

1 Tbsp salt

3 eggs

7 cups flour

1 Tbsp oil

2 cups apple pie filling

¼ cup butter

1 ½ cups powdered sugar

1 tsp vanilla extract

1 ½-2 Tbsp milk



Caramel Apple Salad

8 oz cream cheese

1 cup brown sugar

1 8-oz container Cool Whip

8 cups chopped apples

4 chocolate and caramel candy bars (I used Milky Way)

1-3 Tbsp caramel topping





MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes
of stretching is like
walking the length of
a football field



2.5
Hours
of walking every week for a
year is like walking across the
state of Wyoming



30
Minutes
of singles tennis is
like walking a 5K



1
Hour
of dancing every week for
a year is like walking from
Chicago to Indianapolis



20
Minutes
of vacuuming is like
walking one mile



30
Minutes
of grocery shopping every
other week for a year is like walking a marathon

Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit
HEART.ORG/MOVEMORE

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**THE HILLCREST OLDER ADULT CENTER
91-34 182nd PLACE 2nd FLOOR
JAMAICA, NEW YORK 11423**

NEED ASSISTANCE?

FREE SERVICES & ASSISTANCE AVAILABLE

Our Case Manager, Cynthia Aaron, is here to help!

FREE assistance is available with:

- **Social Security, SNAP, Medicaid/Medicare** and other benefit applications
- **IDs, Birth Certificates** and other vital documents
- **Benefits & Entitlement Counseling**
- **Information & Referrals**
- **Shelter & Housing Support Applications**
- **Community Resources & Agency Referrals**
- Assistance connecting you with **other local services and resources**

🕒 AVAILABILITY HOURS

MONDAY – FRIDAY

9:00 AM – 5:00 PM

DON'T KNOW WHERE TO START?

We're here to help!

Please reach out to **Cynthia Aaron, Case Manager**, for assistance with applications, resources, referrals, and other support services.

Everyday Habits That Build a CARING COMMUNITY

• Small actions. Big impact. •

When we all practice these simple habits, we create a welcoming, respectful and supportive center where everyone feels valued and connected.



1 Show Kindness and Empathy

A kind word or listening ear can brighten someone's day.



2 Treat Others with Respect

Be courteous and considerate. Everyone deserves dignity.



3 Practice Patience

Good things take time. Patience helps us stay calm and understanding.



4 Be Grateful

Appreciate the people and things in your life each day.



5 Take Responsibility

Own your actions and learn from your experiences.



6 Be Willing to Forgive

Let go of grudges and choose understanding and peace.



7 Show Integrity

Do the right thing, even when no one is watching.



8 Practice Humility

Stay humble and open to learning from others.



9 Encourage and Support Others

Cheer each other on and celebrate one another's success.



10 Include Everyone

Make space for everyone to feel welcome and belong.



11 Keep Our Space Clean

A clean, organized center shows respect for everyone.



12 Communicate with Kindness

Use positive words and solutions to build stronger connections.



*Together, we make Hillcrest a place
where everyone can thrive!*



THANK YOU FOR HELPING MAKE OUR CENTER A CARING COMMUNITY.



Kindness
IS A LANGUAGE
THE DEAF CAN
HEAR AND THE
BLIND CAN SEE.

Mark twain